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Bangalore Mirror ON SUNDAY

TEMP Max 34 | Min 23 | Humidity 57% Light rain Sensex 75,237 | Nifty 23,643 | Gold 1,58,565 | Silver 2,69,818 | Dollar 95.93 | Euro 111.60 | GBP 127.80

WEAR & TEAR

As smart watches and fitness bands become digital health companions for many, doctors caution against substituting professional medical advice with devices

PAGE 2

AIM HIRE

Bengaluru continues to attract aspirants from outside Karnataka, but more students from around state cutting short academic journeys to take up jobs

PAGE 6

Nearly 200 cars, around 200 vehicle accessories stolen across state each year; alloy wheels, side mirrors, brand logos and digital dashboards — all are easy pickings for thieves lurking around residential areas with cars parked outside homes

WHEELER-DEALERS ON THE PROWL

Police officials warn even few minutes of unattended parking enough for criminals to do their deed

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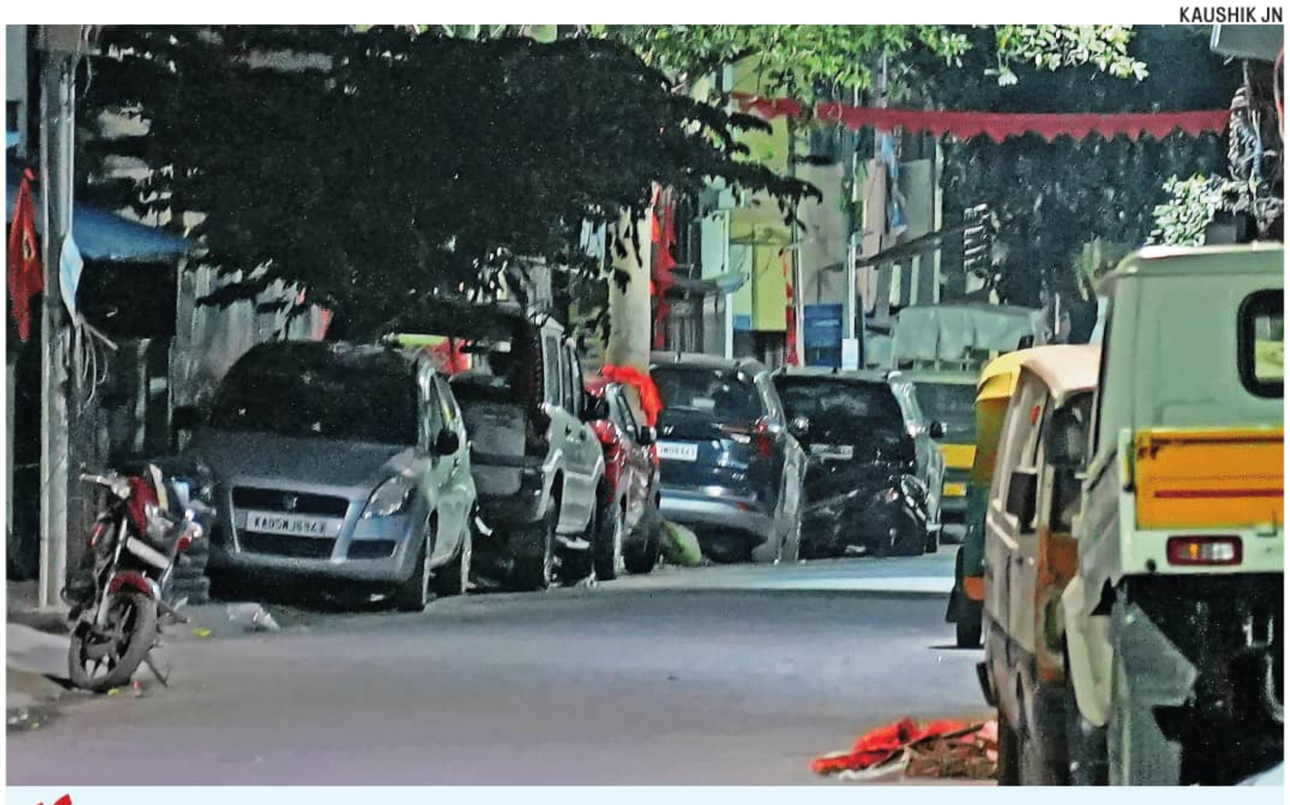
KAUSHIK JN



Bengaluru residents, who regularly park their vehicles outside their homes, are being advised to stay alert as parked cars are increasingly turning into easy targets for thieves, even in residential areas.

The recent theft of electronic items worth lakhs from a car parked overnight within the Ashok Nagar police limits has once again highlighted how unattended vehicles are being targeted for expensive gadgets and other high-value electronic goods.

At the same time, the warehouse theft reported in Mahadevapura has pointed towards a growing trend of organised theft involving costly household appliances worth lakhs of rupees. Police data further reveals that, on an average, nearly 200 cars and about 200 vehicle accessories are reported stolen across the state every year.

According to police, the theft came to light after a car owner parked his vehicle along a roadside near his home overnight. The owner had allegedly left several electronic items, including a television and other costly gadgets worth lakhs of rupees, inside the vehicle. When he returned around 7 am the following morning, he found that the car was broken into and the contents of the car were missing. The miscreants, who came in another car and committed the act, were caught on CCTV cameras. The Ashoka Nagar police have registered a case.

“Many of these crimes occur because vehicle owners leave valuables inside parked vehicles, making them easy targets. Leaving keys in ignition, keeping spare keys inside the vehicle, leaving the engine running and unattended are common mistakes

— Police official

The case has also drawn attention to crime statistics compiled by the State Police. Data from the last four years notes 868 vehicle accessory theft cases and 866 car thefts. In 2026,

CONTINUED ON PAGE 12 »

Through a glass darkly

529 bird-glass collision cases reported at just 1 rescue centre in city over 3 years; October is cruellest month

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The seriousness of glass collisions affecting bird populations was revealed at a recent symposium. The Avian and Reptile Rehabilitation Centre (ARRC) in Bengaluru noted 529 bird-glass collision cases involving 58 species reported at a single rescue centre between 2023 and the present.

According to the data presented at an international bird-window collision symposium held at IIC, New Delhi, 90% of the collision cases involved resident birds, while 10% involved migratory species. October recorded the highest number of collision cases, followed by May. Experts also noted that the actual numbers are likely much higher, as small birds often go unnoticed, dead birds are rarely reported, and many injured birds fly away in a debilitated state before rescue teams can reach them.

Wildlife rescuers say bird-glass collisions are emerging as a serious yet underreported urban wildlife issue as Bengaluru witnesses a rapid rise in glass-fronted buildings, balcony railings, glass facades, and large reflective windows.

ARRC team explained that birds often do not perceive glass as a solid barrier

CONTINUED ON PAGE 12 »

THINGS TO DO

01 Global party lands

Global music festival phenomenon Elrow makes its Bengaluru debut, bringing its iconic Neo Kaos Garden theme, an immersive mix of music, theatre and high-energy chaos. Featuring international DJs, Spanish performers and signature confetti-filled spectacles, the event promises a full-scale sensory experience.
Where: To be announced
When: May 23, 3 pm onwards

02 Visual legacy

What India Learned to See, From Battala to the Ravi Varma Press and Beyond', presented by the Raja Ravi Varma Heritage Foundation. The exhibition explores how printmaking, led by Raja Ravi Varma, shaped modern India's visual culture through oleographs, lithographs and rare printed works.
Where: Gallery G, Ashok Nagar;
When: Running until May 31

03 Craft carnival

Shagun's Vastram sale features sarees, jewellery and traditional weaves.
Where: Srihari Kalyana Mantapa, Banashankari 2nd Stage;
When: Running until May 17, 10 am to 9 pm

04 Cultural flow

Marking the 13th anniversary of Rangoli Metro Art Center, JALA brings together works by 21 young contemporary artists from across Karnataka. Curated by Pradeep Kumar D M and Sameer Rao, the exhibition explores water as a symbol of life, transformation and memory through diverse artistic expressions..
Where: Suzy Q, Queen's Road;
When: May 10, 12.30 pm

05 Divine dance

A classical dance ballet on Lord Shiva and Goddess Parvati will be held on May 23. Written and narrated by Brahmasri Samavedam Shanmukha Sarma Garu, it features Sri Shravan and troupe.
Where: New Horizon College of Engineering Auditorium, Marathahalli;
When: May 23, 5 pm

Watch out for false alarms

Fitness gadgets promise reassurance, but specialists warn misleading alerts and false confidence increasingly influence healthcare decisions during emergencies

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From counting steps and calories to monitoring sleep, stress, oxygen saturation and heart rate, smartwatches and fitness bands have quietly become digital health companions for millions of people. For many users today, the first reaction to feeling unwell is not visiting a doctor but checking a smartwatch notification or opening a health app. Wearable devices increasingly influence how people interpret their health, fitness and even medical emergencies.

However, doctors caution that while these devices can promote health awareness, they are not substitutes for clinical diagnosis or professional medical advice. Medical experts say a growing number of patients arrive at hospitals either panicking over inaccurate readings or, more concerningly, ignoring symptoms because their watch displayed "normal" results.

According to market studies, smartwatch adoption has surged significantly in India over the last few years, especially among younger adults and urban professionals who use wearable devices to monitor fitness and lifestyle habits. Health tracking has now become one of the biggest selling points of wearable technology, with features such as ECG monitoring, heart rhythm alerts, sleep analysis and blood oxygen tracking becoming increasingly common. But doctors say there is a dangerous misconception that wearable devices are medically foolproof.

"As a chief interventional cardiologist and heart failure expert, in my routine practice I come across many patients who believe if a smartwatch says their heart is 'normal', they must be safe. However, sometimes that can be a dangerous assumption," said Dr Karthik Vasudevan, Chief of Interventional Cardiology and Heart Failure, Manipal Hospitals, Yeshwanthpur. He explained that while smartwatches are technologically advanced and can sometimes detect irregular heart rhythms or alert users to changes they may otherwise miss, they cannot replace clinical assessment.

Smartwatches and fitness bands are increasingly shaping how people monitor health, fitness and medical symptoms daily

Medical professionals caution wearable technology cannot replace examinations, as inaccurate readings may trigger panic, delayed treatment, or overlooked symptoms despite advancing monitoring features

"A smartwatch cannot listen to your symptoms, examine you, interpret chest pain or rule out a heart attack. Many life-threatening cardiac events begin with symptoms before any wearable device shows an abnormal reading," Dr Vasudevan said.

Doctors warn that relying entirely on wearable readings can delay treatment during emergencies. Symptoms such as chest discomfort, breathlessness, unexplained sweating, dizziness or sudden fatigue should never be ignored simply because a device shows normal values. Dr Sridhar Srinivasan G, Consultant in the Internal Medicine Department at Vasavi Hospitals, said health-tracking devices are useful for general awareness and motivating healthier lifestyles, but they should not be viewed as diagnostic tools.

"A growing number of people today rely heavily on smartwatches and fitness bands to monitor heart rate, sleep patterns and daily activity, often believing these devices provide a complete picture of their health. However, such wearables can sometimes show variations or inaccuracies when compared to clinical-grade equipment," he said.

Doctors emphasise that wearable technology should ideally complement medical care, not replace it. While smart devices can encourage preventive health monitoring and fitness awareness, experts say proper medical evaluation, laboratory tests and clinical examination remain essential for accurate diagnosis and treatment.

Hospital launches elder care programme

SPARSH Hospital, RR Nagar, has launched "Elite Elders", a senior care initiative for citizens aged 60 and above, focusing on geriatric healthcare, preventive screening, and coordinated medical support.

The initiative includes a dedicated senior citizen counter, health packages covering diabetes, obesity, bone health, cardiac risk, mobility, nutrition, and cognitive wellness, along with support services aimed at simplifying hospital access for elderly patients.

"Senior citizens need care that is continuous and coordinated. Through the Elite Elders programme, we aim to make healthcare more accessible and support elders in maintaining their health and independence," said Dr Sandeep RM, Chief Operating Officer, SPARSH Hospital RR Nagar.

SPARSH Hospital launches Elite Elders initiative for Bengaluru's senior citizens

Dr Nishmita R, Consultant in Geriatric Medicine, said the initiative will focus on early detection, disease management, and improving the quality of life for senior citizens in Bengaluru. **–BMB**

Doctors remove 2 kg hair mass from woman's stomach

Doctors treated a 23-year-old woman after discovering nearly two kilograms of hair accumulated inside her stomach, a condition medically known as Trichobezoar. The patient was suffering from Trichotillomania, a psychiatric disorder in which individuals experience a repetitive urge to pull out their own hair. Dr. Kumar Parth, Chief Consultant Surgical Gastroenterologist at Sagar Hospitals, said, "In certain cases, patients also swallow the pulled hair, a condition called Trichophagia. Since human hair cannot be digested, it gradually collects inside the stomach over months or even years, forming a dense mass that can lead to abdominal pain, vomiting, loss of appetite, anaemia, weight loss, and intestinal blockage. This condition is uncommon but can become serious if diagnosis and treatment are delayed."

He said the patient had been experiencing abdominal discomfort, poor appetite, and repeated vomiting for several months before medical evaluation revealed a large hair mass measuring 24x14 cm occupying the stomach. The Trichobezoar, weighing approximately two kilograms, was surgically removed by Dr. Kumar Parth. The patient recovered following surgery. "Trichotillomania is a recognised mental health condition often associated with stress, anxiety, depression, or emotional trauma. Early psychiatric support and counselling are important to prevent recurrence," said Dr. Parth. He added that persistent abdominal symptoms along with behavioural signs such as repetitive hair pulling or hair swallowing should not be ignored and may require coordinated treatment involving gastroenterologists, surgeons, psychiatrists, and psychologists. **–BMB**

Rising fuel costs drain B'luru's delivery workforce

The recent rise in fuel prices has severely affected gig workers, with food delivery agents reporting a sharp drop in income as operational costs continue to rise.

Delivery workers said higher LPG cylinder prices have increased food costs at hotels and restaurants, prompting many customers to dine in instead of ordering online. As a result, daily orders on food delivery platforms have reduced significantly over recent weeks, while the rise in petrol prices has further increased delivery expenses.

Gig workers alleged that aggregator companies have neither increased commissions nor offered relief despite rising fuel costs. Delivery agents said many workers who depend entirely on online platforms are struggling to sustain themselves. Labour unions have urged the government to step in with subsidies or relief measures for app-based workers affected by the price rise.

The impact of the fuel hike is also being felt across transport and essential commodities, adding to the financial burden on ordinary citizens.

Following the increase in petrol and diesel prices, private bus fares have reportedly risen by 20 to 30 per cent, while taxi fares have gone up by around 10 per cent. School transport charges have also increased, and auto drivers are demanding a fare revision due to the rise in CNG prices.

Rising transport costs have also contributed to higher prices. Popular varieties such as Sona Steam Rice and Sona Raw Rice have become costlier by around ₹5 per kg due to higher export demand and local stock shortages.

Transport Minister Ramalinga Reddy said government bus fares will remain unchanged and warned private operators against arbitrary ticket price hikes

Traders, however, said cooking oil prices have remained stable for now despite concerns over a possible increase if import duties on edible oils are revised.

Meanwhile, Transport Minister Ramalinga Reddy said there is currently no proposal to increase fares for government buses, while warning that private operators cannot raise ticket prices arbitrarily without approval. **BMB**

CCB squad puts brakes on drunk jolly ride

Two men, including a rowdy-sheeter, were arrested by the Bengaluru City CCB Organised Crime Squad (West Division) for allegedly creating public nuisance while riding a motorcycle under the influence of alcohol near Seegehalli Gate within the Madanayakanahalli police station limits on Friday night.

According to police, the accused were travelling from Tavarekere towards Bengaluru on a two-wheeler when the pillion rider was allegedly seen consuming liquor from a bottle while the bike was in motion. Police said both men were shouting loudly, behaving indecently in public, and causing fear among commuters and residents in the area.

The incident came to light while CCB personnel were on night patrol duty. The officers intercepted the motorcycle and detained both individuals along with the vehicle.

During interrogation, police found that one of the accused was a rowdy-sheeter registered at Madanayakanahalli police station with around 13 criminal cases against him. Officials also discovered that he had failed to appear before court in some pending cases, following which non-bailable warrants had reportedly been issued against him.

The second accused was also found to be involved in a criminal case registered at Annapoorneshwari Nagar police station. **BMB**

Gelatin sticks found near PM visit venue were 3 years old

The gelatin sticks recovered near Kanakapura Road ahead of Prime Minister Narendra Modi's recent visit to the Art of Living Foundation Ashram were nearly three years old and incapable of causing a major explosion, according to Bengaluru South district police.

Police said two gelatin sticks and a timer were found near Vaderahalli bridge a few hours before Modi's May 9 event at the ashram. However, no detonators or explosive components were attached.

Forensic experts reportedly concluded that the sticks had a blast capacity limited to barely a one-foot radius. Investigators suspect the intention may have been to create fear or panic rather than execute an actual terror attack. Police also clarified that no conclusive evidence has so far linked any terrorist organisation to the incident, and the National Investigation Agency has reportedly advised local police to continue the probe. **BMB**

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TRASH BOMB IS TICKING

Waste woes overflow across Bengaluru

Mounting landfill pressure, failing processing plants and weak enforcement leave Bengaluru battling worsening waste segregation and persistent roadside dumping

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It is a common sight on the streets of Bengaluru to see heaps of garbage lying on the roads. The big question, however, is why people continue to dump garbage on roads despite door-to-door collection and why the authorities, despite tall claims, fail to clear the blackspots.

Around 6,500 tonnes of garbage are generated every day from nearly 12.9 lakh households and five lakh commercial establishments. Despite repeated efforts by the Bengaluru Solid Waste Management Limited (BSWML) to streamline the system and enforce segregation at source, the city has not seen the expected improvement, leading to frequent flare-ups of the problem.

A civic activist said, "A decade after segregation of waste was made mandatory, the results remain inconsistent. Initially, segregation levels had improved to nearly 50 per cent, but the momentum gradually declined due to a mix of contractor non-cooperation and administrative apathy. Today, segregation continues to be a weak link in the city's waste management chain."

The situation is further complicated by the underperformance of waste-processing infrastructure. Of the seven waste-processing plants built at a cost of several hundred crore rupees, only one facility, located in Bidadi, has made progress in converting wet waste into energy. The remaining plants have either not started such operations or are functioning below capacity.

Civic failures leave roadside waste piling up across B'luru localities daily

Contractor lapses, mixed collection practices and delayed reforms undermine garbage management, while several neighbourhoods continue recording alarmingly poor compliance levels

In a bid to improve the system, the revised Solid Waste Management Rules, 2026, have been introduced, replacing the earlier guidelines from 2016. Authorities have directed residents not to dump garbage on roadsides or vacant plots, but instead to hand over segregated waste to door-to-door collection vehicles. The rules clearly mandate the separation of wet, dry, sanitary and hazardous waste before disposal.

From April 1, officials had warned that waste would not be collected from households failing to comply with segregation norms. However, implementation on the ground remains patchy, with several areas continuing to report poor adherence. Even in cases where residents segregate waste at source, the effort is often undone later in the chain. Auto-tipper drivers and sanitation workers operating under contractors are reportedly mixing segregated waste before transferring it to compactors. This has significantly reduced the effectiveness of segregation and contributed to the growing volume of mixed waste reaching landfills.

A BSWML official said, "At present, nearly 2,800 tonnes of waste are being sent to landfills every day. With landfill space running out, authorities are under increasing pressure to find alternatives. Environmental concerns are also mounting, as dumping sites continue to pollute surrounding areas."

Officials admit that there is no precise data on the extent of waste segregation in the city. Estimates are largely based on assumptions, as authorities have not systematically tracked which households or establishments are complying with the rules. No strict action has been taken against those failing to segregate waste, further weakening enforcement. Plastic waste recovery has also taken a hit. Earlier, around 780 tonnes of plastic were being separated daily, but following protests by contractors, the process has slowed down. The continued use of outdated auto-tippers, which have limited capacity, has further constrained efficient waste collection.

Financially, the burden remains significant. The city spends over Rs 1,000 crore annually on waste collection, transportation and processing. Yet, the issue persists, raising concerns about the effective utilisation of public funds.

BBMP's seven waste processing plants, one is defunct while the rest handle only 1,700 tonnes against their 2,020-tonne capacity. Waste collection reforms across 28 Assembly constituencies remain stalled due to contractor-related legal disputes. While areas such as Mahalakshmi Layout, Govindarajanagar and Dasarahalli report near-total waste segregation, localities including Sarvagnanagar, Pulakeshinagar, Basavanagudi and Byatarayanapura continue to lag below 30 per cent.

Trash trouble refuses to flush away!

NGT flags Karnataka's mounting garbage crisis, as Bengaluru alone accounts for massive untreated waste amid slow infrastructure expansion efforts

Bengaluru still has a gap of 1,358 tonnes per day in waste processing.

In an affidavit submitted on May 12 to the National Green Tribunal (NGT), Karnataka Chief Secretary Shalini Rajneesh informed the tribunal that Karnataka is currently processing 10,826 tonnes per day (TPD) of solid waste, including 4,522 tonnes per day processed by the Greater Bengaluru Authority (GBA) and 6,304 tonnes processed by 326 Urban Local Bodies (ULBs).

However, there remains a processing gap of 2,446 tonnes per day, comprising 1,358 tonnes from the GBA and 1,088 tonnes from the 326 ULBs across the state.

Overall, Karnataka generates 13,273 tonnes of waste per day, of which 5,880 tonnes are generated by the Greater Bengaluru Authority (GBA), while the remaining 7,393 tonnes are generated by 326 Urban Local Bodies (ULBs) across the state.

Notably, in November last year, the NGT criticised the state government over poor waste management and gaps in planning and infrastructure.

The NGT held that the data earlier provided by Karnataka had not been properly collated to assess gaps in waste processing and legacy waste in each ULB.

The tribunal also noted that the earlier report lacked details regarding timelines for the processing of legacy waste and its disposal mechanism.

Karnataka informed the tribunal that the Greater Bengaluru Authority has nine dumpsites containing a total of 97.82 lakh metric tonnes (LMT) of legacy waste. Of this, 14.88 lakh metric tonnes of waste have been processed through bio-mining, while 36.50 lakh metric tonnes of legacy waste at quarry sites have been scientifically capped for methane extraction.

B'luru's mounting waste crisis highlights delayed infrastructure projects and persistent gaps in garbage processing capacity

In the remaining ULBs across the state, there are 222 legacy waste dumpsites, of which remediation has been fully completed at 42 sites and is underway at 166 sites. The remaining 14 dumpsites, containing 6.2 LMT of legacy waste, are currently at various stages of the tendering process, and remediation at all sites is scheduled for completion by December 2027.

Regarding liquid waste management, the report underlined that the state has a total installed treatment capacity of 3,120.78 MLD, while the current operational sewage treatment capacity stands at 2,393.73 MLD.

However, there remains an overall treatment capacity gap of 2,056.96 MLD. The state plans to address this through the addition of 401 new sewage treatment plants (STPs) with a cumulative treatment capacity of 2,514.96 MLD, along with the operationalisation of 14 non-operational STPs with a cumulative treatment capacity of 51.76 MLD. **–BMB**

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Hazard alert
Langford Road

A broken sewage drain cover near Chartered Cottage Flats on 1st Cross, Langford Road, poses a serious accident risk, especially for two-wheelers, and requires immediate replacement.

Civic neglect
Jakkur

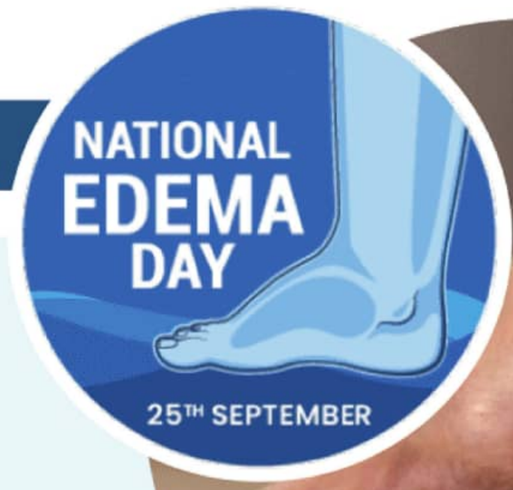
A persistent blackspot between Sobha HRC Pristine and JNCASR for over nine months, marked by open urination along the compound wall and the absence of CCTV coverage, demands urgent civic enforcement by GMC North Bengaluru.

Sewage spill
BEL Road

A sewage overflow opposite the Itsy Bitsy shop on New BEL Road requires immediate repairs to prevent unhygienic conditions.

National Edema Day (25th September)

Edema means swelling



It happens due to accumulation of extra fluid in body tissues, most commonly in the **feet, ankles, legs, hands, or face.**

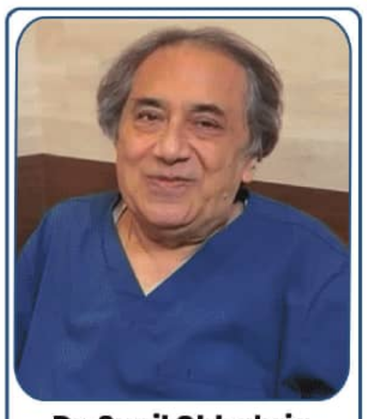
MEET THE EXPERTS

Dr. Karthik Raghuram
Interventional Cardiology,
Kauvery Hospital,
Bangalore

Dr. TJ Pradeep Kumar
Consultant Physician,
Medicover Hospital,
Bangalore

Dr. Ravindra N.S
Nephrology, Bhagawan
Mahaveer Jain Hospital,
Bangalore

Dr. Shaik Mohammed Aslam
Consultant Physician,
MS Ramaiah Hospital,
Bangalore



Dr. Sunil Chhabria
Consultant Physician,
Mamta Hospital,
Nagashettyhalli,
Bangalore

HOW DOES EDEMALOOK OR FEEL?

- Swelling that **increases by evening**
- Swelling that **leaves a dent when pressed**
- Feeling of **heaviness, tiredness, or tight skin**
- Swelling along with **breathlessness or fatigue**
- Swelling that **does not reduce even after rest**

These are signs that should **not be ignored.**

WHY IS EDEMA IMPORTANT ?

Edema is **not just a cosmetic or minor problem.** It can be an **early warning sign** of worsening health.

- Signal **disease progression**
- Reduce daily **activity and mobility**
- Increase the risk of **hospital admission**
- Affect overall **quality of life**

If ignored, **edema may**

WHO NEEDS EXTRA ATTENTION

- **Patients with Heart problem**
- **Patient with Liver disease**
- **Patinets with kidney disease**
- **Patient with hormonal problems or vein related issues**
- **Elderly patients**
- **Patients on longterm medications that affects fluid balance**

EARLY DETECTION CAN PREVENT SERIOUS COMPLICATIONS

Edema can be an early warning sign. Screening and timely medical consultation can help identify the cause and enable appropriate management.

Don't Ignore the Swelling. Screen Early. Act Early

SEE EDEMA, SEEK HELP

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Students give higher education a pass, drop out to jump into jobs

Rural youth near city abandon degrees for quick employment, raising concerns over long-term prospects and weakening higher education pipeline

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Educational institutions plan awareness drives at industries continue attracting students from rural areas into early workforce participation

Long seen as a magnet for students across the country seeking higher education, Bengaluru is now witnessing a contrasting trend closer home as local students are stepping away from colleges and choosing jobs instead. Even as the city continues to attract aspirants from outside Karnataka, many students from surrounding districts are cutting short their academic journeys, drawn by immediate employment opportunities offered by rapidly expanding industries.

In districts around the city; Bengaluru Rural, Kolar, Chikkaballapur, Bengaluru South and Tumakuru industrial growth has opened up jobs for those with SSLC and PU qualifications. Companies are hiring for Group D and assistant-level roles, offering salaries between 15,000 and 20,000, along with facilities such as free cab transport and accommodation. This has led to a noticeable shift, with students enrolled in degree courses like BCom, BA and BSc opting to drop out midway and enter the workforce.

Education experts say this short-term choice could have long-term consequences. "Students from rural areas around Bengaluru are getting attracted to these temporary jobs and may lose their future in higher education. A degree is mandatory for many competitive exams. Due to the attraction of immediate employment, they may lose eligibility and miss out on better opportunities," said a lecturer from a first-grade college.

The impact of the trend is already visible in enrollment data. Data from Bengaluru North University show a steady decline over the past three academic years. In 2023–24, total enrolment stood at 39,675, including 33,910 undergraduate and 5,765 postgraduate students. This dropped significantly in 2024–25 to 34,920, with 31,693 undergraduate and 3,227 postgraduate students. In 2025–26, the numbers fell further to 34,434, comprising 31,092 undergraduate and 3,342 postgraduate students. The dip is sharper in postgraduate admissions, pointing to a weakening pipeline for advanced studies.

Industrial growth lures young students into immediate jobs, but experts warn of lost opportunities and shrinking postgraduate enrolments, urging urgent policy support to safeguard education for economically weaker sections

xperts attribute the trend not only to job opportunities but also to gaps in the education system. They say the lack of financial support and engaging academic environments is pushing students towards early employment. The situation is more pronounced among economically weaker sections, where the pressure to earn often outweighs the perceived benefits of continuing education. Several colleges in rural belts have also reportedly witnessed irregular attendance and increased dropouts after students secured entry-level industrial jobs nearby.

"Education must attract students. If free education is not accessible to poor students, they are naturally pushed towards jobs. At this stage, the government must frame policies that support students and keep them in the education system," said K Nithya, a government school teacher.

University authorities said they are aware of the issue and are planning interventions. "We have noticed a drop in student enrolment. Awareness campaigns and workshops will be conducted, especially in rural areas, to highlight the importance of higher education and encourage students to join colleges," said Prof B K Ravi, Vice-Chancellor of Bengaluru North University.

KIA crosses big passenger milestone

Kempegowda International Airport Bengaluru crossed the 400 million passenger mark since the start of its operations and recorded growth in passenger and cargo traffic during FY 2025-26. The airport handled 44.47 million passengers and 5.32 lakh metric tonnes of cargo during the financial year. International passenger traffic increased by 23.9 per cent to 7.23 million passengers, while domestic traffic rose by 3.3 per cent to 37.24 million passengers, resulting in an overall annual passenger growth of 6.2 per cent. The airport currently operates non-stop flights to more than 78 domestic and 34 international destinations.

The airport recorded 2.8 lakh air traffic movements during the year, marking a 4.5 per cent increase compared to the previous financial year. Average daily aircraft movements stood at 769, while the highest single-day movement touched 837 flights. Daily passenger traffic also reached a high of 1.39 lakh passengers on a single day.

Cargo operations were supported by 15 cargo airlines operating across 38 destinations, including Chicago, Singapore, London Heathrow, Frankfurt, Shenzhen and Hong Kong. KIA remained India's largest perishable export gateway, handling 60 million rose stems annually. **–BMB**

State adds 1,122 govt medical seats

Karnataka has received approval for 1,122 additional government medical seats, Medical Education Minister Sharanprakash R. Patil said on Saturday. Addressing a press conference at Vidhana Soudha, the minister said the additional seats will benefit medical institutions in districts including Koppal, Gadag, Chamarajanagar, Karwar and Kaveri, among others. He said the approval was granted by the Union Ministry of Health and Family Welfare on May 15. According to the minister, the Centre will provide ₹495 crore for undergraduate medical seats and ₹541 crore for postgraduate seats, taking the total grant allocation to ₹1,090 crore. Patil said Karnataka remains among the leading states in medical education and added that the increase in seats will create more opportunities for aspiring medical students. **–BMB**

State pollution board identifies pollution concerns at Uttarahalli Lake

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Following a report published in Bangalore Mirror, the Karnataka State Pollution Control Board (KSPCB) has identified serious pollution concerns at Uttarahalli Lake and directed authorities to take immediate corrective action.

In an official communication dated May 14, the Regional Office of KSPCB at Rajarajeshwarinagar addressed the Assistant Executive Engineer of the Panchayat Raj Department and officials of the Lakes Division under the Greater Bengaluru Authority regarding the deteriorating condition of the lake. Subsequently, local resident Nishchith Ashok Kumar raised complaints over the issue.

A Deputy Environment Officer from KSPCB inspected the lake on May 13 and recorded several concerning observations.

According to the inspection report, Uttarahalli Lake, located on Dr Vishnuvardhan Road, spreads across nearly 16 acres and currently comes under the jurisdiction of the Greater Bengaluru Authority. Officials noted that while most parts of the lake are fenced, the northeastern side remains vulnerable. During the inspection, officials observed that although there was no active inflow at the time, polluted domestic wastewater from the northeastern side is likely entering the lake during rainfall.

The report also revealed that the sewage treatment plant (STP) constructed near the lake by BBMP is currently non-operational. Moreover, the unit has allegedly not obtained mandatory consent from KSPCB under the Water Act, 1974, for its establishment and operation. Officials further observed that authorities had not displayed details of the STP near the facility and had not installed essential infrastructure such as a flow meter and separate electricity meter.

Plastic waste, stagnant polluted water and excessive weed growth paint a worrying picture of Uttarahalli Lake's worsening condition

KSPCB stated that officials monitor the lake's water quality every month. Based on the analysis of samples collected in March 2026, the water quality fell under Category "E" as per Central Pollution Control Board standards.

Water under this category is considered suitable only for irrigation, industrial cooling and controlled waste disposal, indicating severe pollution. The Board identified sewage inflow as the primary reason for the lake's deteriorating condition.

Bangalore Mirror
Citizens want to step in to stop lake from turning into gutter
BBA's nod sought for volunteer-led rejuvenation before monsoon as sewage inflow continues in recently-cleaned Uttarahalli lake, leaving it filled with debris, stinking

BM had written about the concerns raised by citizens about the state of Uttarahalli Lake on May 4, 2026

In response, KSPCB directed authorities to prevent domestic sewage from entering the lake with support from the Bangalore Water Supply and Sewerage Board, create a garland canal around the lake to divert wastewater and ensure that only rainwater flows into the lake.

Authorities directed officials to stop solid waste dumping around Uttarahalli Lake, penalise violators, remove plastic waste scientifically, repair and operationalise the non-functional STP, obtain mandatory approvals under the Water Act, and immediately begin desilting and weed removal measures to restore the polluted lake.

A resident said it was encouraging to see the Karnataka State Pollution Control Board step in and initiate action to address the worsening pollution at Uttarahalli Lake.

"Now, we need to see action on the ground to truly save this lake. The lake is used by many residents for walking and recreation, and with the monsoon approaching, the situation could worsen due to increased sewage inflow. Authorities must urgently implement the measures suggested by KSPCB to prevent further damage to the lake ecosystem," the resident said.

THE SUNDAY READ

Feast at the Seven Sisters'

Walk through colourful lanes of Kalyan Nagar reveals unique flavours from the Northeast

PHOTO COURTESY: DIYA MATHUR

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Take a walk through the lanes of Kalyan Nagar in East Bengaluru and your eyes may glide past the modest eateries tucked between row houses, but the rich aroma and spices that waft through them will almost certainly make you pause. In 2023, in this quiet residential area, there were only two shops serving delicacies from the Northeastern states that popped up on Google, but today, in between the colourful row houses, many such stores and eateries are thriving.

On Thursday evening, The Locavore organised a curated food walk through the narrow lanes of Kalyan Nagar, where guide Prithiraj Borah, an assistant professor of sociology, explained how food has become a way of bringing people together and building communities in Bengaluru. "Food is a fundamentally political element. In India, questions of who is serving, who is eating, and what is on the plate are deeply intertwined," says Borah.

Recalling several incidents of discrimination, harassment, and stereotyping faced by people from the Northeast in other North India, Borah said many Northeastern residents generally find Bengaluru's social environment comparatively more welcoming and accommodating. "Food habits often differ across regions, and cultural understanding plays an important role in helping people appreciate these cuisines better," he added. "Bengaluru has a culture of more passive coexistence, with far less day-to-day street harassment as compared to other places," he explained.

Areas like Kalyan Nagar, Kammanahalli, Kothanur, Ejipura, Koramanagala and many other areas in the city have transformed into prominent cultural bridges. These areas host dedicated shops selling indigenous ingredients from the North East. Borah noted that interestingly, almost every Northeastern store has a small section for cosmetic and personal care products sourced from their native states.

The small eateries and home-run kitchens serve authentic dishes prepared using traditional methods and ingredients sourced from the Northeast. From smoked pork and fermented bamboo shoot curries to spicy chutneys and herbal salads, the area has become a culinary destination for food enthusiasts looking to explore regional Indian cuisines beyond mainstream offerings.

Adding to this growing interest is the guided Northeast food walk led by Borah, who introduces participants to the stories, traditions and flavours hidden within Kalyan Nagar's kitchens. The walk takes visitors through eateries serving home-style dishes from Manipur, Nagaland and Mizoram before concluding with an all-inclusive dinner at the popular restaurant Naga Relish.

The experience is not just about tasting food, but also understanding the history and identity behind each dish. During the walk, Borah recalled frequently travelling to Bengaluru to meet friends. During one such weekend visit, while taking a post-breakfast stroll through Kalyan Nagar in northeastern Bengaluru, the group casually decided to buy pork and cook lunch together. Soon, the search began for familiar Northeastern ingredients such as fermented bamboo shoot, fresh and dried bhut jolokia (king chilli), akhuni (fermented soybean), and other traditional flavours.

A quick online search led them to Seven Sisters The Northeast Shop, located close to his friends' residence, making their meal possible. "It was a Sunday, and the first indigenous shop we came across was Victoria," he recalled. What began as a simple hunt for ingredients later developed into Borah's interest in understanding how food helps build identity and community among Northeastern residents in Bengaluru. The colourful lanes, small eateries, and close-knit atmosphere of Kalyan Nagar eventually inspired him to study the neighbourhood more deeply.

The walk began from St. Pius X Church near Kammanahalli Main Road in St Thomas Town's Inasappa Layout. From there, participants made their way through a narrow lane beside the church towards 5th Main Road, passing through 5th Cross, Kullappa Circle, and KEB Road.

One of the early stops on the trail was Victoria, a women-run shop known for serving authentic Manipuri cuisine. Participants sampled the flavourful singju, a popular Northeastern snack. Prithiraj explained that singju is commonly enjoyed during tea time across many Northeastern households. The dish is prepared using chickpea flour, vegetables, dried peas, fried instant noodles, and fresh greens, creating a mix of crunchy textures and spicy flavours.

Borah explained that most of these establishments are commonly referred to as kitchens, or are simply named after family members. He pointed to Victoria, a shop named after Mary's daughter, as an example. "The idea of calling them kitchens sends a message that the space is more private, homely, and community-oriented," he said, adding that these places often function as gathering spaces where people from the Northeast reconnect.

Borah explained that many of these eateries and small shops are run by women. Walking further down the lane from Victoria, the group stopped at another indigenous food shop where participants sampled chicken samosas and pork sausages and pakora. The aroma drifting out of the kitchen was impossible to ignore, instantly drawing people in.

Unlike the regular samosas commonly found elsewhere, these were generously filled with chunky pieces of chicken, onions, and vegetables, making every bite flavourful and filling. The pork sausages, paired with a spicy chilli chutney, delivered a completely different experience. Participants also tasted dishes such as Pakora which is similar to bajji, a simple preparation made with herb and egg, reflecting the comforting, homestyle flavours that define much of Northeastern cuisine.

The food trail also introduced participants to a variety of traditional Northeastern flavours, and different varieties of rice such as sticky rice, red and black rice.

Participants further sampled spicy accompaniments like Naga chilli chutney and garlic Naga chutney, both known for their intense heat and smoky flavour. Traditional rice beer and indigenous pork sausages were among the highlights of the experience.

Participants from Assam and Manipur shared during the walk that Northeastern cuisine has several similarities with food from southern states, especially Kerala and Mangaluru. "Many of our dishes use coconut, just like in the South, and we prepare dishes similar to neer dosa," they said.

Another participant added that living in Bengaluru had also introduced them to local favourites such as donne biryani, Mangalorean fish curry, and kori rotti, dishes they now regularly enjoy alongside food from their hometowns.

"Food habits often differ across regions, and cultural understanding plays an important role in helping people appreciate these cuisines better. Bengaluru has a culture of more passive coexistence, with far less day-to-day street harassment as compared to other places

– Prithiraj Borah, assistant professor, organiser of guided walk

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BENGALURU SPEAKS

and gets heard on this page

STORY BEHIND THE PHOTO

PAINTED EVENING SKIES

Our reader shares breathtaking sunset views captured at the scenic Nandi Hills in Bengaluru, where the golden evening sky beautifully blends with the rolling landscape. Framed during dusk, the photographs reflect the tranquil charm and natural beauty of one of the city's most loved hill destinations, offering viewers a peaceful glimpse into nature's vibrant colours and calming atmosphere.

The picture was clicked by reader **Arpan Bakliwal**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesofindia.com**

Peripheral Ring Road finally nears reality after two decades of delays

Three-package execution strategy aims to accelerate long-delayed corridor connecting key highways, growth zones, airport routes and suburbs

Bengaluru's long-pending Bengaluru Business Corridor (BBC) project, also known as Peripheral Ring Road Phase-1 (PRR-1), has finally moved closer to execution after remaining stalled for nearly two decades. The tender process for the first package of the ambitious infrastructure project has entered its final stage, and construction work is expected to begin within the next two to three months. The Bengaluru Development Authority (BDA) is implementing the 73-km Peripheral Ring Road project in three separate packages to improve connectivity between the northern and eastern parts of the city and ease growing traffic congestion across Bengaluru.

The first package of the project covers a 19.80-km stretch from Madavara on Tumakuru Road to Ballari Road near Kempegowda International Airport. The estimated cost of this package alone stands at ₹3,348 crore. Two companies, Shankaranarayana Constructions and Vishwasamudra Engineering, have submitted bids for the project. Technical evaluation of the bids is currently underway, after which authorities will open the financial bids to identify the lowest bidder (L-1 contractor). Officials aim to issue the work order by the end of this month. The selected contractor will also operate and maintain the corridor for 10 years at an estimated maintenance cost of ₹248 crore.

Officials said land acquisition, one of the biggest hurdles for the project, has seen significant progress in recent months. Bengaluru Business Corridor Limited (BBCL), the special purpose vehicle implementing the project, has already acquired 523 acres out of the 665 acres required for the first package. Around 204 acres of this land belong to the government. Authorities have already provided compensation through cash, Transferable Development Rights (TDR), residential sites and commercial plots for nearly 125 acres. Officials said some landowners are yet to come forward to claim compensation, and in such cases, authorities will deposit the compensation amount in court to ensure construction begins without further delay.

The 73-km PRR-1 corridor will connect several major roads and growth corridors around Bengaluru, including Tumakuru Road, Hesaraghatta Road, Doddaballapur Road, Ballari Road, Hennur Road, Old Madras Road, Whitefield, Channasandra, Sarjapur Road and Hosur Road. The second package, stretching 18 km from Ballari Road to Old Madras Road, has also progressed toward implementation. Authorities have identified around 434 acres for acquisition under this package, of which they have already acquired 123 acres. Officials said the Detailed Project Report (DPR) for this stretch is under preparation, and authorities are likely to float tenders in June.

For the third package, spanning 27.75 km from Old Madras Road to Hosur Road, officials are acquiring around 710 acres of land. Overall, the PRR-1 project requires acquisition of 2,418 acres, with nearly 1,810 acres earmarked for road construction and the remaining land reserved for interchanges and grade separators. An official said completed PRR stretches will open in phases without waiting for the entire 73-km corridor project.

-BMB

Construction on the first stretch from Madavara to Ballari Road is expected to begin within the next two to three months

DID YOU KNOW?

Deep beneath the ocean surface, sperm whales swim through the dark waters, clicking to each other in bursts of sound that can travel for kilometres. Now, scientists say they are beginning to follow those exchanges in real time using an autonomous underwater robot that can track whales by listening to their voices. Scientists say the robotic underwater glider could help them better understand how sperm whales communicate and respond to environmental changes. The study, published in the journal Scientific Reports, explains how the glider listens to whale vocalisations through four hydrophones and automatically changes direction to follow the sound.

"The underwater glider is listening for whales via four hydrophones and then steering itself toward them using a feature called backseat driver," said David Gruber, founder and CEO of Project CETI and co-author of the study. Sperm whales produce sequences of clicks known as "codas," believed to play a role in communication. Reseachers say continuous whale tracking helps scientists study how calves learn vocal patterns from mothers over time. **Reuters**

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Did LSG official use mobile phone in dugout during match vs CSK?

THE CLAIM: Social media users claimed a Lucknow Super Giants member breached IPL protocol by using a mobile phone inside the dugout during the match against Chennai Super Kings at Chepauk Stadium.

FACT: The individual seen on broadcast was not confirmed as part of the LSG dugout. No official complaint or action followed, and the person's exact location could not be independently verified.

Lucknow Super Giants found themselves in focus for off-field reasons during their IPL 2026 match against Chennai Super Kings at the MA Chidambaram Stadium on Sunday, after a brief visual on the broadcast sparked discussion over a possible protocol breach. The moment came in the first over, just after Josh Inglis hit a boundary off Akeal Hossein. During the television replay, a person was seen using a mobile phone, which viewers claimed was inside the LSG dugout area, triggering reactions on social media.

The IPL's Player and Match Officials Area (PMOA) rules restrict the use of mobile phones and electronic devices in dressing rooms, dugouts, match viewing areas, umpire rooms, the match referee's room and dining spaces. Only the official team analyst can use devices in a designated area.

However, the matter did not escalate further after reports suggested the individual seen on camera was perhaps not part of the LSG dugout. **— TOI**

Did Travis Kelce discuss taking Taylor Swift's surname after marriage?

THE CLAIM: Social media posts falsely claimed Travis Kelce planned to adopt Taylor Swift's surname after marriage and that the couple were secretly arranging multiple weddings to mislead fans and avoid intense public attention.

FACT: Neither Travis Kelce nor Taylor Swift has confirmed surname changes, engagement, or wedding plans. Reports originated from parody accounts and unverified rumours, while the couple publicly remains silent on speculation.

Has Travis Kelce spoken about changing his surname after his high-profile wedding to Taylor Swift?

No, the Kansas City Chiefs star player, Travis Kelce, has made no such comments about taking on Taylor Swift's surname after they tie the knot.

A parody page on X recently posted, "Travis Kelce says he will be taking the Swift last name after their marriage this summer." However, the post is false, and the story appears to have been fabricated.

Millions seemed convinced by the claim, while several fans debunked it online. Neither Taylor Swift nor Travis Kelce has reacted to the rumours surrounding their relationship. Rumours also suggest the couple may plan a "decoy wedding" to avoid public attention and security concerns. Reports claimed they could host a public ceremony after privately marrying, considering threats and stalking incidents faced over recent years together.

— ET Online

Man used fake identity to hold govt job for 40 years

Police have intensified investigation into a shocking case in which a man allegedly secured nearly 40 years of government employment using fake documents before being exposed after retirement.

The accused, Bommegowda from Hassan, allegedly used a seventh standard marks card belonging to Mandya's M Rachaiah to secure a gangman job in the then Karnataka Electricity Board in 1982. Investigators said Rachaiah had accidentally lost the certificate while attending a cancelled recruitment interview in Shivamogga, and Bommegowda later used it to assume his identity and secure employment.

He reportedly continued service under the false identity for decades and retired from Bangalore Electricity Supply Company as a senior mechanic in January 2022 after receiving full retirement benefits.

The fraud surfaced in 2019 when Rachaiah discovered his certificate had been used for government employment. Police said he confronted Bommegowda and allegedly threatened to expose him unless he was paid regularly. Bommegowda reportedly paid nearly Rs 10 lakh through mediation by a retired engineer.

After disputes over continued payments, Rachaiah complained to BESCOM vigilance, leading to an internal inquiry that confirmed fraud and involvement of all three individuals. Police are now collecting old records. —BMB

Man murders lover, throws her body into lake

A 47-year-old woman was allegedly murdered and her body dumped in Tirupalya Lake under the limits of the Hebbagodi Police Station, leading to the arrest of a man, who was reportedly in a relationship with her.

The accused is identified as Rathana Das (27). According to police, a case of unnatural death (UDR) was initially registered on May 9, 2026, after the woman's body was found floating in Tirupalya Lake. During the investigation, the postmortem report and medical opinion revealed that the woman had died due to strangulation and suffocation, indicating murder. Based on the findings, police registered a suo motu murder case against unknown persons and intensified the probe.

Investigators gathered circumstantial and technical evidence, which led them to a suspect, who hails from Assam, and was allegedly closely associated with the victim. On May 14, police apprehended the accused from his residence in Tirupalya.

During interrogation, the accused reportedly confessed that he was involved in a relationship with the woman and that frequent pressure from her to marry had led to disputes between them. Police said he allegedly strangled and suffocated her before disposing of the body in thick green vegetation in the middle of the lake. The accused was produced before the court on May 15 and remanded to judicial custody. —BMB

Beer prices drop by 30% in Karnataka

Beer lovers have received a major boost as prices of several popular beer brands have dropped by 25-30 per cent under the state's new Alcohol in Beverage (AIB)-based excise taxation system. Following the revised policy, implemented from May 11, beer companies have sharply reduced Maximum Retail Prices (MRPs), with some brands becoming cheaper by Rs 70-75 per bottle or can.

Several popular brands have recorded significant price cuts, making Karnataka's beer prices comparable to, and in some cases cheaper than Goa. Industry representatives said the move is expected to boost beer sales further, especially during summer.

Beer sellers, however, said the full impact of the revised excise policy would become clearer only after June, when market trends stabilise.

While beer prices have reduced substantially, the policy has increased prices of lower and mid-range Indian Made Liquor (IML) products sold in 180 ml tetra packs by 20-25 per cent, affecting lower and middle-income consumers. Popular rum brand Old Monk has also reportedly become costlier under revised tax slabs. —BMB

Hotelier alleges harassment on WhatsApp status, ends life in Udupi

A hotel entrepreneur allegedly died by suicide in Udupi on Saturday after posting an emotional WhatsApp status accusing his wife and brother-in-law of harassment, police said.

The deceased was identified as Sudhakar Shetty, a resident of Nada village in Byndoor taluk, they said. The incident occurred in Byndoor in Udupi district, police said.

According to police, Shetty allegedly jumped into a river near Vandse bridge, which falls under the Kollur police station limits.

In a WhatsApp status posted shortly before the incident, he alleged that his wife and brother-in-law were mentally harassing him and appealed to relatives to take care of his children after his death, a senior police officer said.

Police said Shetty had earlier run a hotel business in Mumbai and had returned to his native place about a year ago. He had been living in Vandse, his wife's hometown.

Preliminary inquiries indicate that marital disputes and family disagreements had intensified in recent months, police said, adding that further investigation is underway. —PTI

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I,KHADIR Shariff R/o No.14A, 14th B cross, 4th main IAS colony 6th sector HSR layout. JASCOGONY-560102 have changed my name to Khader Shariff for all purposes.

I, Jiten Sukhrani, R/O of B1101, Oak Wing, Adarsh Greens, Kogilu, Bengaluru - 560064 have changed my name as Jiten Sukhrani.

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Allen's brutal 93 powers KKR to imposing total

Four dropped catches prove costly for Gujarat Titans

Finn Allen unleashed a stunning 35-ball 93 after surviving two early chances as Kolkata Knight Riders capitalised on Gujarat Titans' sloppy fielding to pile up their season's highest 247 for two in their IPL match here on Saturday.

The explosive New Zealand opener made GT pay dearly for dropping him on 14 and 33, smashing 10 sixes and four boundaries in a breathtaking assault where 86 runs came through boundaries.

If Allen ripped apart the bowling in the first half, Angkrish Raghuvanshi (82 not out) and Cameron Green (52 not out) maintained the momentum with unbeaten fifties in their 108-run stand off just 53 balls for the third wicket. GT dropped as many as four catches in the innings with all the three KKR half-centurions — Allen, Raghuvanshi and Green — making them pay heavily. Raghuvanshi got a reprieve on 52 by Washington Sundar.

Green was dropped on 23 by Arshad Khan off Rashid Khan. Asked to bowl first by skipper Shubman Gill on a sticky surface that had remained under covers after rain, Gujarat's disciplined attack struggled badly as poor catching compounded their problems during KKR's relentless batting display.

Allen set the tone as the home side raced to 100 in nine overs, then they took just eight overs to get to 200 with Green-Raghuvanshi combine doing well in their must-win match.

He survived a difficult chance on 14 when the tall Jason Holder got fingertips to a sharp opportunity at cover off Mohammed Siraj.

Kolkata Knight Riders' Finn Allen and Angkrish Raghuvanshi celebrate their partnership during the match between Gujarat Titans and Kolkata Knight Riders at Eden Gardens in Kolkata on Saturday

The Kiwi opener then tore into Kagiso Rabada, launching successive sixes -- one straight over mid-off and another whipped over midwicket off a 149kph delivery -- to race to 28 from just 11 balls.

While Allen dominated from one end, Ajinkya Rahane never quite settled during his scratchy 14 off 14 balls before Siraj cleaned him up.

There was a brief slowdown inside the powerplay after Rahane's departure before Allen got another life.

Introduced into the attack, Holder induced a mishit from the batter, but Siraj spilled a straightforward catch at long-on. From there, Allen went into overdrive.

He attacked both pace and spin with equal ease, picking lengths early and clearing the boundaries effortlessly.

Rashid was welcomed with two sixes and a four as Allen stormed to a 21-ball half-century.

Raghuvanshi played the ideal supporting role. The young batter used the pace cleverly and kept the scoreboard ticking, including a sharp scoop over the wicket-keeper off Rabada to get going.

Allen looked set for a second IPL hundred this season before Rashid finally ended the carnage, taking a well-judged catch at deep mid-wicket off Sai Kishore.

Green ensured there was no let-up in the closing overs. The Australian all-rounder tore into the GT attack with three sixes, while Raghuvanshi also stepped up as KKR finished with a big total.

Agencies

Today's battle

Punjab Kings
VS
Royal Challengers Bengaluru
3.30 PM Dharamshala

Delhi Capitals
VS
Rajasthan Royals
7.30 PM Delhi

Birds often fail to perceive glass as solid barrier

CONTINUED FROM PAGE 1

and may collide with glass windows, doors, balcony railings, and facades. Birds may mistake reflections of trees, sky, and foliage as real habitat or attempt to fly through transparent glass when they see plants, light, or open spaces beyond it.

Birds also collide for several other reasons. Raptors may crash into glass while chasing prey near reflective surfaces, while territorial birds sometimes attack their own reflections, mistaking them for rivals. Bright lights at night can further disorient migratory birds and attract them toward buildings.

"We recently participated in the first national-level symposium that brought together various stakeholders to address this issue in a more holistic manner," said Jayanthi Kallam, Executive Director, ARRC. The need for the government to step in and mandate bird-friendly building standards was highlighted, along with the importance of raising awareness, she said.

Dr. Ashritha Carlo, senior wildlife veterinarian, explained the seasonal trend in collisions. "October is when migratory birds begin arriving in and around Bengaluru, and this is also when we see some of the highest collision reports. Increased bird movement, unfamiliar routes, and glass-fronted urban spaces all add to the risk," she said.

There could be severe injuries to birds due to these collisions. "Keel injuries, air sac leaks, internal bleeding, cranial bleeding, concussions, and soft-tissue trauma may not always be immediately visible. A bird may look stunned, quiet, or easy to approach, but it may actually be in shock or seriously injured. If reported immediately and not handled unnecessarily, survival chances can improve sometimes to around 60 to 70%. However, many birds die before reaching a rescue centre, which is why quick reporting and correct first response are critical. Feeding, giving water, or repeatedly handling the bird can worsen the damage," said Dr Carlo.

The findings also showed that although resident birds make up the majority of reported cases, migratory birds may actually face a higher proportional risk. "Resident birds dominate the total numbers because they are far more common and present year-round. However, proportionally, collisions form a much larger share of migratory bird admissions than resident bird admissions. So while the absolute number is higher for resident birds, the relative risk appears higher for migratory species," said Subiksha Venkatesh, Lead Wildlife Rehabilitator.

Wildlife experts stressed that many bird collisions can be prevented through simple changes in building design and public awareness. "The simplest step is to make glass visible to birds. Using external markers, films, cords, screens, or closely spaced patterns can significantly reduce collisions. Curtains and blinds can also help reduce reflection and transparency. Large glass panels, balcony railings, glass doors, and windows near trees or gardens should be prioritised," said Venkatesh.

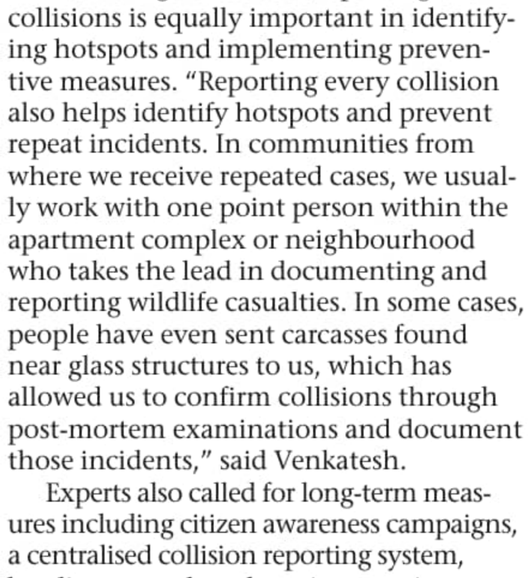
She added, "If a bird is found stunned or dazed near glass, even without visible injury, people should contact the nearest wildlife rescue centre immediately. Birds should not be fed, given water, or repeatedly handled."

According to rescuers, reporting bird collisions is equally important in identifying hotspots and implementing preventive measures. "Reporting every collision also helps identify hotspots and prevent repeat incidents. In communities from where we receive repeated cases, we usually work with one point person within the apartment complex or neighbourhood who takes the lead in documenting and reporting wildlife casualties. In some cases, people have even sent carcasses found near glass structures to us, which has allowed us to confirm collisions through post-mortem examinations and document those incidents," said Venkatesh.

Experts also called for long-term measures including citizen awareness campaigns, a centralised collision reporting system, baseline research and species mapping, engagement with architects and real estate developers, and phased policy advocacy for bird-safe buildings in Indian cities.

Safe glass

- Add decals, dots, or frosted film to make glass visible to birds
- Follow the "2-inch rule" by keeping patterns less than 2 inches apart
- Install mosquito screens, external netting, or awnings to reduce reflections
- Turn off non-essential lights at night and use downward-facing lighting
- Draw curtains or blinds near large windows and glass doors



868 vehicle accessory theft cases, 866 car thefts over last 2 years

CONTINUED FROM PAGE 1

till April-end, 61 cars have been stolen and 43 cases of vehicles accessories such as high-demand items including alloy wheels, side mirrors, and brand logos, digital dashboards being stolen from cars parked on the street overnight have been recorded.

Senior police officials said many of these crimes occur because vehicle owners leave valuables inside parked vehicles, making them easy targets. Police officials noted that even a few minutes of unattended parking can provide criminals enough time to break windows and escape with valuables.

Residents have been advised not to leave costly items inside vehicles, particularly in areas lacking CCTV surveillance or adequate street lighting. Police have also urged vehicle owners to park in secure locations, install anti-theft alarms, always remove keys before leaving, double-check that doors and windows are properly locked, and avoid leaving valuables inside vehicles unattended overnight.

A police official explained that leaving keys in ignition, keeping spare keys inside the vehicle, leaving the engine running and unattended are common mistakes.

Police data further underlines the growing trend, with 4,425 electronic goods theft cases reported over the past four years. The concern over electronic goods theft also adds a dimension to vehicle-related crimes in Bengaluru, with thefts increasingly linked to expensive gadgets and appliances stored inside parked vehicles, warehouses, and commercial storage spaces. Officials believe the increasing demand for second-hand electronic goods has also contributed to criminals targeting unattended vehicles and poorly secured storage facilities across the city.

Recently goods worth nearly ₹13 lakh were allegedly stolen from a warehouse, with the theft coming to light during an audit conducted on May 2. The complainant, a businessman from Kurnool, told police that several electronic appliances were missing from the warehouse managed by two private agencies. The stolen items included televisions, refrigerators, washing machines, air-conditioners and 17 personal coolers. In another case, a father-son duo has been arrested for allegedly stealing computer components worth nearly ₹80 lakh from a shop in the Nagawara area.

According to police data, a total of 4,425 electronic goods theft cases have been reported over the past four years. Police data shows 1,864 cases were registered in 2023, followed by 1,292 in 2024, 985 in 2025, and 284 cases so far in 2026 statewide.

HEALTH TIP: Fruits such as apples, pears, bananas, and berries are naturally rich in fibre and nutrients

Taking a nap after three in the afternoon or one that is longer than 30 minutes can bleed into your nighttime sleep

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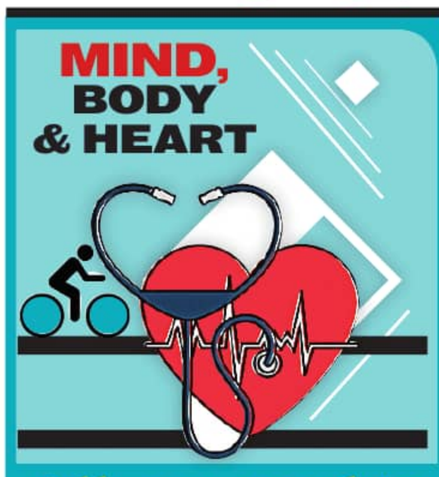


All you need to know about...

Moving with partner

1. Why Are We Really Moving?
Before anything else, get honest about the actual motivation behind this decision. Is the move driven by one person's career, while the other is simply adjusting to make it work? Are you moving toward something genuinely exciting or away from something that feels overwhelming? If the answer is not clear to both of you, the resentment that follows often is.

2. What Does Success Look Like for Each of Us?
Settling in well means something completely different depending on who you ask. If one of you is chasing ambition while the other is chasing comfort, you will constantly feel like something is slightly off without being able to name exactly what it is.

3. How Will We Handle Careers and Money?
Who has financial stability from day one? Is one person comfortable taking a career pause or downgrade to make this work? What does your monthly budget look like in the new city, and do you have an emergency fund covering at least three to six months of expenses?

4. What Kind of Lifestyle Are We Expecting?
Lifestyle mismatches that seem minor at home tend to feel amplified when everything around you is unfamiliar. One person wanting to go out every weekend while the other wants to stay in is manageable at home, but can create genuine friction in a new city where neither of you has found your footing yet.

5. How Will We Divide Responsibilities ?
Without clarity on this from the beginning, it is very easy for one person to end up feeling like they are carrying everything through an already stressful settling-in period. —Femina

It is a salad type of summer

Try out these easy to make, filling salads to keep cool even on hot days

MANGO & BURRATA SUMMER SALAD

INGREDIENTS
- 1 cup ripe Alphonso mango cubes
- ½ cup halved cherry tomatoes
- 1 cup rocket leaves
- 200 g burrata cheese
- 1 tbsp balsamic reduction
- 10 fresh basil leaves

For the dressing
- 2 tbsp extra virgin olive oil
- 2 tsp lemon juice
- 1 tsp honey
- Salt, to taste

METHOD
- In a bowl, combine the mango cubes, cherry tomatoes, and rocket leaves.
- Whisk together the olive oil, lemon juice, honey, and salt to prepare a light dressing.
- Toss the salad gently with the dressing to coat evenly. Transfer to a chilled serving plate.
- Place the burrata at the centre and lightly tear it open for a creamy texture.
- Drizzle the balsamic reduction over the salad and garnish with the basil leaves.
- Serve immediately.

- **Tips:** Always use chilled burrata for the best texture.
- Avoid over-mixing the salad to prevent the leaves from wilting.
- Balance the sweetness and acidity for a refreshing finish.

Chef Rahul Desai, Executive Sous Chef of Sula Vineyards, Femina

ORANGE CARROT SALAD

INGREDIENTS
- ¾ cup grated carrot
- ½ cup peeled orange pieces
- ¼ cup chopped walnuts
- 1/8 cup chopped cranberries
- Salt to taste
- 1 tsp black pepper powder
- 8 to 10 mint leaves

METHOD
- Place the carrot, orange pieces, walnuts, and cranberries in a bowl.
- Add salt and black pepper to taste.
- Toss everything together to mix.
- Garnish with mint leaves and serve immediately.
- **Tip:** Remove the white pith of the orange for the best flavour and texture.

—Chef Aruna Vijay

GUAVA SALAD

INGREDIENTS
- 1 handful coriander leaves
- 1 handful mint leaves
- 1 small green chilli
- 1½ tsp powdered sugar
- 1 tsp black salt
- 2 cups guava cubes
- 2 tbsp kasundi (see below)

For the kasundi
- ¼ cup black mustard seeds
- ¼ cup yellow mustard seeds
- ½ inch ginger
- 2 to 3 green chillies
- ¼ tsp turmeric powder
- Salt, to taste
- 1 tbsp sugar (optional)
- ¼ cup vinegar
- Juice of 1 lemon

METHOD
- To prepare the kasundi, place the black and yellow mustard seeds, ginger, green chillies, turmeric powder, salt, and sugar (if using) in a blender jar. Pulse two to three times to get a coarse mix. Add one-fourth cup of water and grind again to a smooth paste. Add the vinegar and pulse once more, then the lemon juice and blend until smooth. Taste and adjust seasoning as needed. Transfer to a clean, dry glass jar, refrigerate, and use as needed.
- Pound together the coriander and mint leaves, green chillies, powdered sugar, and black salt in a mortar and pestle to a coarse, fragrant paste.
- Add this paste to the guavas along with the kasundi.
- Toss everything well until the guava cubes are evenly coated.
- Give the bowl a good shake or mix gently with your hands for that true Kolkata street-style touch. Serve the salad fresh.

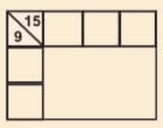
- **Tips:** Use slightly firm guavas so the cubes don't turn mushy.
- Adjust the kasundi to your liking; add more if you like it bold and pungent.
- Add a squeeze of lemon if you prefer extra tanginess.

Recipe by Aruna Vijay (@aruna_vijay_masterchef on Instagram), Femina

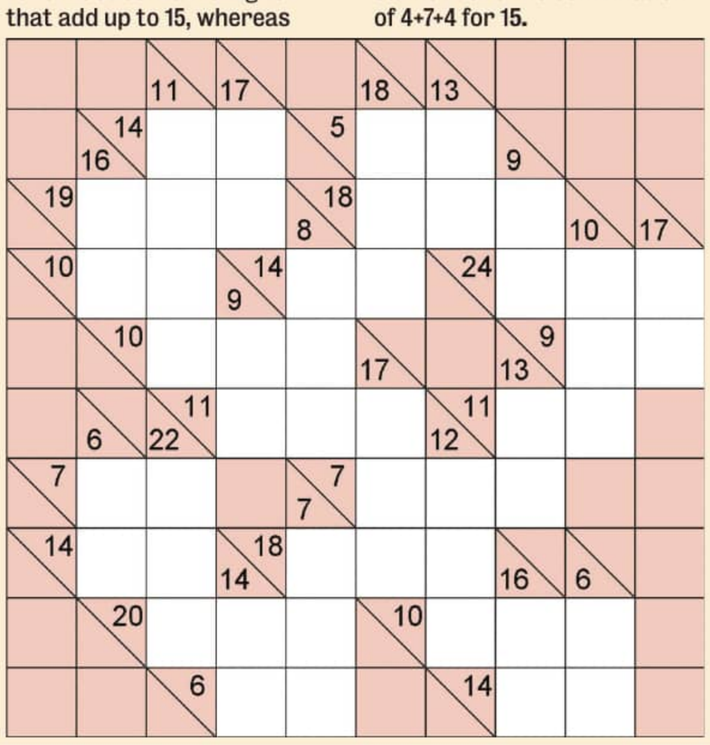
mybangaloremirror@timesofindia.com
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

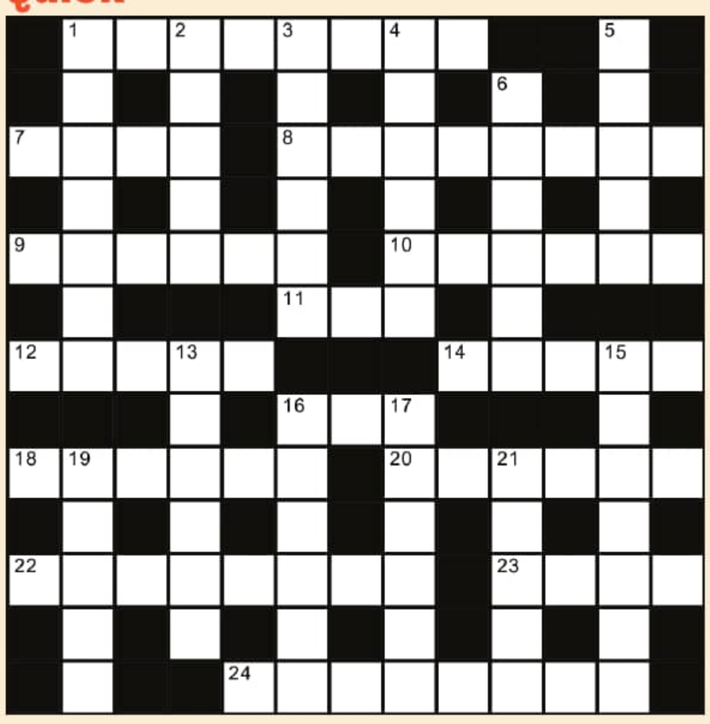
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Regatta event (4,4)
7 Jetty (4)
8 Refraining from or ceding (6,2)
9 Queasiness (6)
10 Halogen element (6)
11 Firearm (3)
12 Reach; imply? (3,2)
14 Golfing trophy: ___ Cup (5)
16 Mormons gp. (3)
18 Cave (6)
20 Parson or clergyman (6)
22 Not my __ __ __ : not something to my liking? (3,2,3)
23 Travel about (4)
24 Gifts (8)

DOWN

1 Turn "a bridge" around to get a popular road (7)
2 Argentina's capital Buenos ___ (5)
3 Riff-raff (6)
4 Collapse (4,2)
5 Grieve (5)
6 Twenty-four hours? (3,3)
13 Novelist (6)
15 Derives, progresses, comes about (7)
16 Linger idly (6)
17 Converses (6)
19 Awaken (5)
21 Temptress (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Q EQUALS O

CLTE JQQIA TWR CR, EQ XR XRAQEERB CGEL ELR IQSR QJ QNW QCM EWQNXIR, TMB EQ LTER QNW IGXRWEO TMB WRAE!

Linemaro

Are you related to Trump? You sure trump the competition

Mindchow

If we do not change our direction, we are likely to end up where we are headed

Joke of the day

Half the people in Hollywood are dying to be discovered and the other half are afraid they will be

Loop

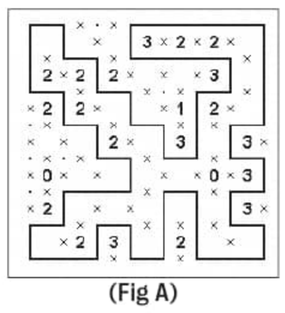
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

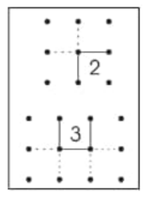
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

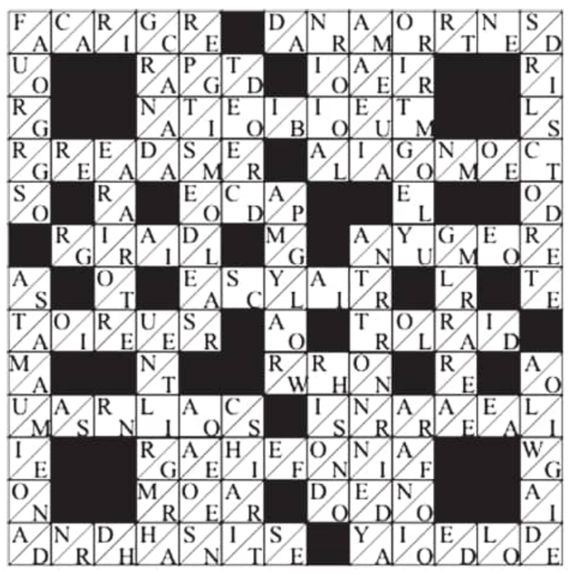


(Fig A)



(Fig B) Not Allowed

Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				Y
8				
9				

ACROSS

1 Rates; 6 Lento; 7 Syrup; 8 I'm Ilu; 9 Cay e.g.

DOWN

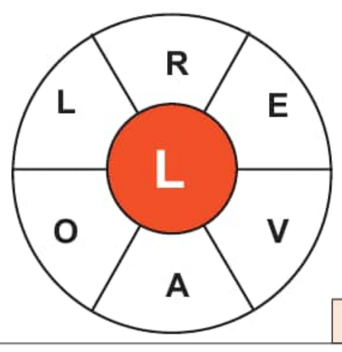
1 Optic; 2 La Lau; 3 Gl err; 4 Seen U; 5 My sty

Mensapuzzle

Which letter replaces the blank and completes the sequence?

M	P	S
J	N	R
B	G	L
D	J	

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

12 Average; 14 Good; 16 Outstanding

SudokuChallenge

1					2			6
	9		3		8	7	1	
	8				9			
4	7	5					6	
	2					8	3	9
			5				2	
	5	4	8		1		9	
2			6					5

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 9

2 8 5 4

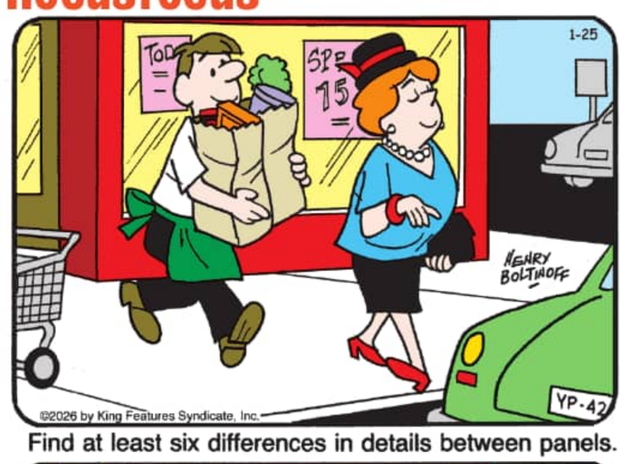
Medium = 6

2 2 8 2

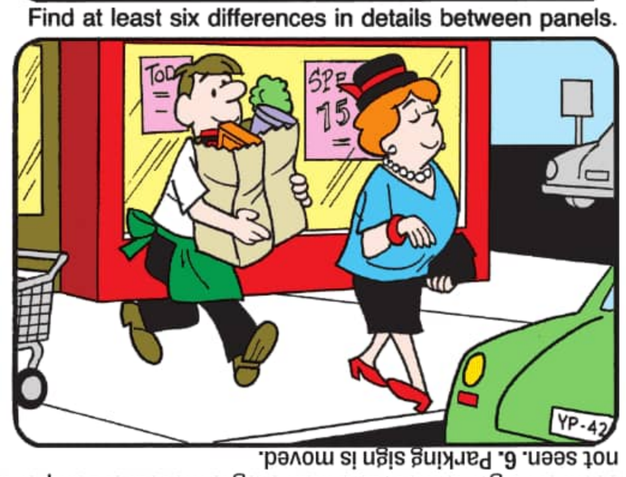
Hard = 2

2 3 4 4

Hocusfocus



Find at least six differences in details between panels.



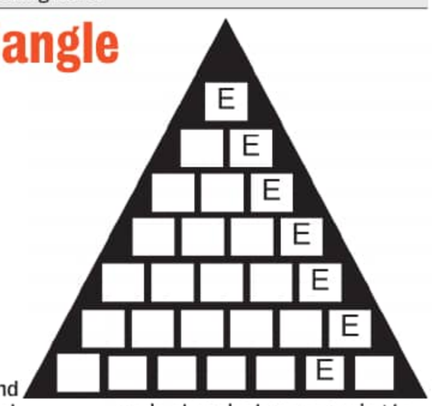
Differences: 1. Cart is moved. 2. Rear windshield is not seen. 3. Finger is moved. 4. Man's leg is moved. 5. Bumper is not seen. 6. Parking sign is moved.

Riddler

Today little Frederick and his mother visited a school and a family. While they were there, they saw a band, checked out the litter, and noticed a sleuth standing nearby. Later that day, they watched an army and a troop for quite a while, and noticed they were standing beside a battery. As they were leaving to go home that day, Frederick and his mother saw a party just near the den and were indeed very happy. What was happening here?

Alpha triangle

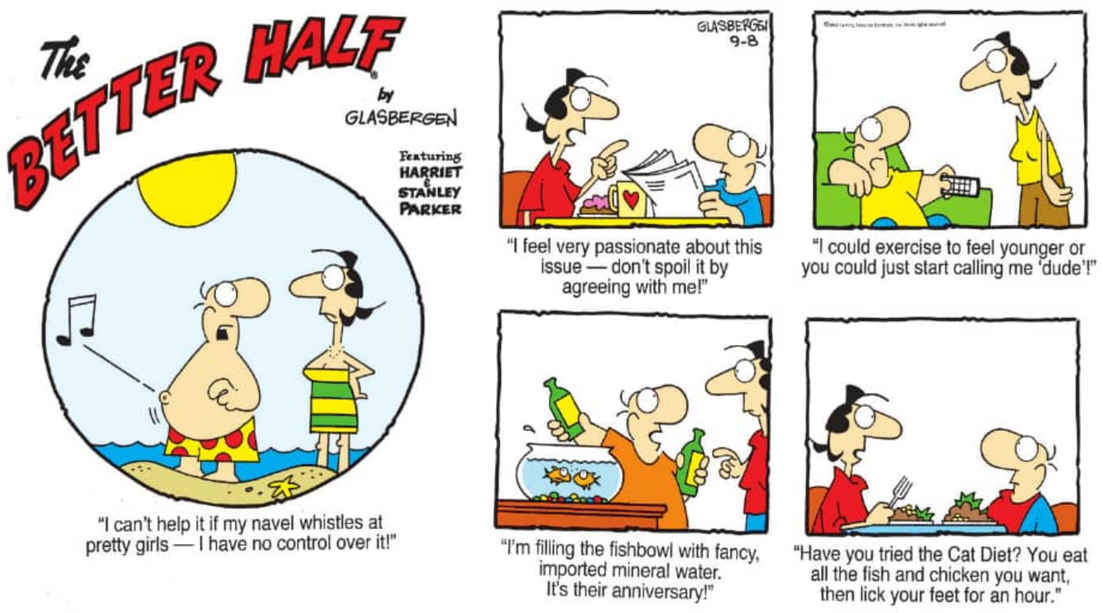
1 Second vowel
2 French article
3 Bullfight call
4 Lone
5 Not open
6 Comfort
7 Coaxes

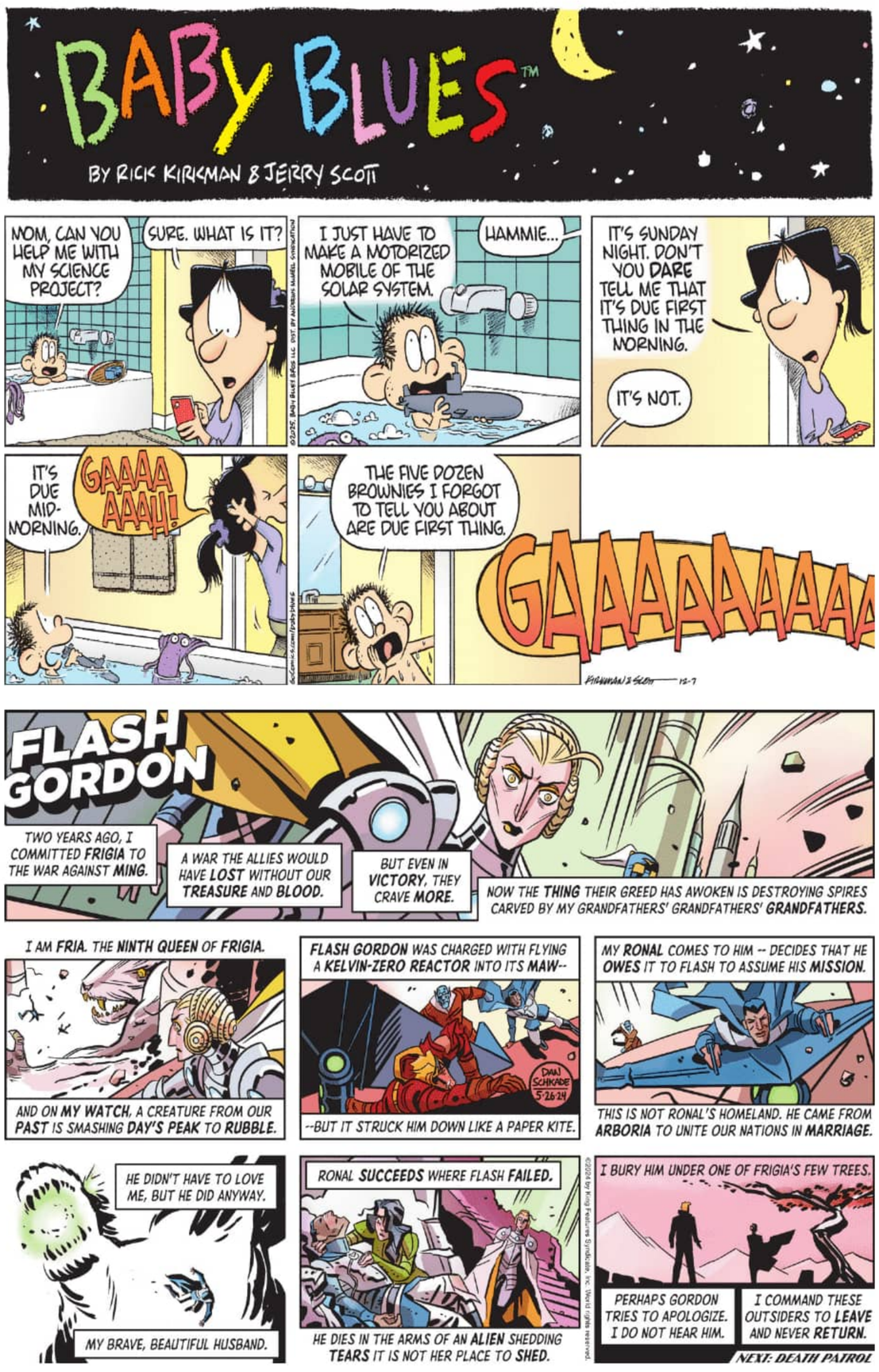


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
"I can't help it if my navel whistles at pretty girls — I have no control over it!"
GLASBERGEN 9-8
"I feel very passionate about this issue — don't spoil it by agreeing with me!"
"I could exercise to feel younger or you could just start calling me 'dude'!"
"I'm filling the fishbowl with fancy, imported mineral water. It's their anniversary!"
"Have you tried the Cat Diet? You eat all the fish and chicken you want, then lick your feet for an hour."


BABY BLUES
BY RICK KIRKMAN & JERRY SCOTT
MOM, CAN YOU HELP ME WITH MY SCIENCE PROJECT?
SURE. WHAT IS IT?
I JUST HAVE TO MAKE A MOTORIZED MOBILE OF THE SOLAR SYSTEM.
HAMMIE...
IT'S SUNDAY NIGHT. DON'T YOU DARE TELL ME THAT IT'S DUE FIRST THING IN THE MORNING.
IT'S NOT.
IT'S DUE MID-MORNING.
GAAAAAAAH!!
THE FIVE DOZEN BROWNIES I FORGOT TO TELL YOU ABOUT ARE DUE FIRST THING.
GAAAAAAAAAAA
FLASH GORDON
TWO YEARS AGO, I COMMITTED FRIGIA TO THE WAR AGAINST MING.
A WAR THE ALLIES WOULD HAVE LOST WITHOUT OUR TREASURE AND BLOOD.
BUT EVEN IN VICTORY, THEY CRAVE MORE.
NOW THE THING THEIR GREED HAS AWOKEN IS DESTROYING SPIRES CARVED BY MY GRANDFATHERS' GRANDFATHERS' GRANDFATHERS.
I AM FRIA. THE NINTH QUEEN OF FRIGIA.
AND ON MY WATCH, A CREATURE FROM OUR PAST IS SMASHING DAY'S PEAK TO RUBBLE.
FLASH GORDON WAS CHARGED WITH FLYING A KELVIN-ZERO REACTOR INTO ITS MAW--
--BUT IT STRUCK HIM DOWN LIKE A PAPER KITE.
DAN SCHKADE 5-26-24
MY RONAL COMES TO HIM -- DECIDES THAT HE OWES IT TO FLASH TO ASSUME HIS MISSION.
THIS IS NOT RONAL'S HOMELAND. HE CAME FROM ARBORIA TO UNITE OUR NATIONS IN MARRIAGE.
HE DIDN'T HAVE TO LOVE ME, BUT HE DID ANYWAY.
MY BRAVE, BEAUTIFUL HUSBAND.
RONAL SUCCEEDS WHERE FLASH FAILED.
HE DIES IN THE ARMS OF AN ALIEN SHEDDING TEARS IT IS NOT HER PLACE TO SHED.
I BURY HIM UNDER ONE OF FRIGIA'S FEW TREES.
PERHAPS GORDON TRIES TO APOLOGIZE. I DO NOT HEAR HIM.
I COMMAND THESE OUTSIDERS TO LEAVE AND NEVER RETURN.
NEXT: DEATH PATROL

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

Intellectual expansion and higher learning are your focus. You might return to school or take on a rigorous self-study program. Your mind is sharp and hungry for complex information. Writing or public speaking could become a significant part of your professional life. Seek out environments that challenge your thinking and introduce you to new, high-level philosophical concepts.

Aries Mar 21 – Apr 20

Be cautious with agreements and investments today, focusing on safeguarding your finances. Love life flourishes, bringing joy and connection. Prioritise rest and self-care to maintain your energy and overall well-being.

Taurus Apr 21 – May 20

Reconsider major career changes today and avoid lending money unnecessarily. Relationships grow warmer as misunderstandings fade. Positive news from family uplifts your mood, while stable health and finances keep you reassured.

Gemini May 21 – Jun 21

Stay focused on priorities today and manage your time wisely to meet commitments. Financial challenges may arise, but maintaining a calm mind set will help you navigate stress and regain balance.

Cancer Jun 22 – July 23

Work demands may increase today, requiring extra time and effort. Stay organized to manage responsibilities smoothly. Though stress may arise, stable finances and future growth opportunities will keep you motivated.

Leo Jul 24 – Aug 23

Choose your words carefully today and communicate with kindness. Positive developments in your career bring encouragement, while personal relationships strengthen. Improved health and finances contribute to a balanced and fulfilling day.

Virgo Aug 24 – Sep 23

Take things one step at a time and avoid unnecessary pressure. Challenges may feel overwhelming, but staying patient will help you navigate them. Focus on self-care and allow things to gradually improve.

Libra Sep 24 – Oct 22

Show patience and understanding with loved ones, especially children, as connection matters most. Spending quality time strengthens relationships, while career growth and improving health bring positivity and renewed romantic energy.

Scorpio Oct 23 – Nov 22

Your resilience strengthens both personal and professional areas of life. Stay focused despite minor challenges, as good news and profitable opportunities bring satisfaction. Improved health supports your continued progress and confidence.

Sagittarius Nov 23 – Dec 22

A busy day may feel demanding, but support from family helps ease pressure. Stay cautious with financial matters, while gradual improvements bring stability. Focus on maintaining health and emotional balance.

Capricorn Dec 23 – Jan 20

Embrace opportunities with confidence and stay adaptable to changes around you. Your consistent efforts bring success closer, while positive health and financial stability support your progress. Pay attention to important documentation.

Aquarius Jan 21 – Feb 19

Challenges may arise in legal or professional matters, but family support keeps you strong. Stay calm and focused, as financial growth will develop gradually, bringing stability and reassurance in coming days.

Pisces Feb 20 – Mar 20

Opportunities to invest in something valuable may arise, so spend wisely. Love and creativity flourish, bringing joy and recognition. Health improves, while temporary financial support helps you maintain overall stability.

www.sundeepkochar.com

KIDZONE

Varun Bharadwaj, 11 years, New Horizon Gurukul

Harsha DA, 15 years, MEG High School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M (6*2√7)/(3*√7) = 12 / 3 = 4

RIDDLER
Frederick and his mother were at the zoo. ('school' of whales; 'family' of otters; 'band' of gorillas; 'litter' of puppies; 'sleuth' of bears; 'army' of herrings; 'troop' of dogfish; 'battery' of barracudas; 'party' of rainbow fish; 'den' of snakes)

FAST FIVE

C	A	G	E	Y
I	L	I	U	M
P	U	R	S	Y
O	L	E	N	T
T	A	R	E	S

BULL'S EYE
aloe, earl, lave, lore, love, lover, oral, oval, veal, vole, OVERALL, ravel, real, role, roll, vale,

STRIKE OUT

A	N	D	A	N	T	E	Y	I	E	L
N		M	O	A		D	E	N		I
M	A	N	I	A	C		I	R	E	A
A		N		W	H	O		R		A
T	I	R	E	S		O	T	O	A	D
S	O		E	C	L	A	T		L	T
	G	R	I	D		G		A	U	G
O		R		O	D	A		L		O
G	R	E	A	S	E		L	I	O	N
R		N	I	O	B	I	U	M		S
O		A	P	T		O	A	R		I
F	A	R	C	E		A	R	M	O	R

QUICK

B	O	A	T	R	A	C	E			M
R		I		A		O				O
P	I	E	R		G	I	V	I	N	G
N	A	U	S	E	A		I	O	D	I
	G		E		T		E		E	R
C	U	P	O	F	T	E	A		R	O
O		H		I		I		E		L
G	R	O	T	T	O		P	A	S	T
		U		L	D	S				V
G	E	T	A	T			R	Y	D	E
	D							A		
N	A	U	S	E	A		I	O	D	I
	G		E		T		E		E	R
P	I	E	R		G	I	V	I	N	G
R		I		A		O				O
B	O	A	T	R	A	C	E			M

MENSA PUZZLE
P. In each row letters increase in value from left to right in steps of three for the top row, then 4, 5 and 6 for the other rows.

QUOTE UNCODE
What fools are we, to be besotted with the love of our own trouble, and to hate our liberty and rest!

SUDOKU

1	4	3	7	5	2	9	8	6
5	9	6	3	4	8	7	1	2
7	8	2	1	6	9	4	5	3
4	7	5	9	8	3	2	6	1
8	3	9	2	1	6	5	7	4
6	2	1	4	7	5	8	3	9
9	6	7	5	3	4	1	2	8
3	5	4	8	2	1	6	9	7
2	1	8	6	9	7	3	4	5

ALPHA TRIANGLE
E, Le, Ole, Sole, Close, Solace, Galoles.

GO FIGURE
Easy
4 + 8 + 2 − 5 = 9
Medium
8 − 2 − 2 + 2 = 6
Hard
4 / 4 + 3 − 2 = 2

LOOP

KAKURO

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 # Surprise honour
John Travolta tears up as he gets feted with Honorary Palme d'Or by Cannes Film Festival

Love is all around us

For Aditi Rao Hydari, love is at the centre of everything – whether it's the comfort she shares with husband Siddharth, the joy of coming home to their cats Iggy and Ollie, or the little rituals that make everyday life special. Her recent birthday post for Siddharth had netizens going 'aww'. Speaking to Bombay Times, the actress admits that what they share is rooted in something far deeper than grand romantic gestures.

"Siddu is a very special being, and I'm not saying this because he's family. I'm saying this because he's genuinely an incredible human being," Aditi shares. What makes their relationship work, she says, is the fact that they are both driven by the same emotional core. "I always feel like we're a good mix because somewhere at the core of who we are, both of us prioritise the same thing. Our worlds revolve around love."

The actress adds that it's not just love; there is also admiration. "I've realised that I function best in environments where there is love but also challenge and growth. Siddharth belongs to the same profession as I do, and he has had so much more experience than I have. I find him deeply inspiring," the actress shares, adding, "For me, respect is very important. To respect your partner, to be inspired by them, and to have love drive both your worlds – that's what truly matters."

—Vinay Mishra, ETimes

ON THE VERGE OF A BURNOUT

Sonakshi reveals how she got caught up in whirlwind of work and learnt to slow down only in her 30s

After her debut in Salman Khan's 'Dabangg' Sonakshi Sinha quickly became one of the busiest actors in Bollywood. Sinha spoke about the fast pace that defined the first decade of her career. The actress said she spent nearly all of her 20s moving from one project to another, leaving little room for rest or personal time.

In an interview with Hindustan Times, Sonakshi spoke about how the constant workload began to take a toll on her well-being. "I started working very young. I was 22 when I started and 23 when my first film was released. My entire 20s went into work. I felt like I was burning out, doing more than I should be. I was constantly on the go. I would not take time off for myself or breaks in between two films. I would go from one set to another. I did double shifts at one point in time," she said.

Between her debut and the pandemic, Sonakshi appeared in 23 films over ten years. During the same period, she also participated in special appearances and popular song sequences. This steady stream of work made her one of the most recognisable faces in Bollywood. However, she eventually realised that professional success alone was not enough to sustain a fulfilling life.

Sonakshi said a turning point came in her 30s. Around 2017 and 2018, she decided to slow down and create time for herself. "There came a point when I said, 'I need to make time for myself. That will help me improve as an actor as well as a person'. That's when I started making certain changes in my life," Sinha said. **—ETimes**

Funny moments of life

LO NAVEENA

3.5 RATING ★★★½☆

- **DIRECTOR** Dhanurdhari Pavan
- **ACTORS** Naveen Sajju, Varsha Giridhar, Reshma V Gowda, Prakash Thuminad, Apoorva Shri
- **CERTIFICATION** U/A
- **Duration** 123 minutes

Director Dhanurdhari Pavan deserves appreciation for handling the megaphone with aplomb. Pavan does not indulge in heroics and gives importance to all artistes in the film. The director has proved that any talented actor can prove their mettle if they follow the script faithfully. The movie does not have big sets or landscapes but it has the potential to engage and entertain audiences for two hours. Though the screenplay becomes a little bit slow during the post-intermission session, the first half of the movie and climax are full of humour. It may not be an exaggeration to say that this movie provides the much-needed relief to the audiences, who want to forget their mundane life and indulge in a laugh-riot for two hours.

Music by Naveen Sajju and melodious songs add value to the movie.

The movie begins with Naveena (Naveen Sajju) spending time with his friends happily and also accompanying Linganna (Mallaraju Narasingaiah) to meet prospective brides. The only reason he tags along is to get some snacks and a cool drink or coffee. Naveena visits his maternal uncle's house along with his mother. He mistakes the gestures of his cousin Asha (Varsha Giridhar) and makes arrangements to elope with her but is caught by his uncle. He comes to know that Asha is not in love with him. The scene then shifts to a city where he has to work as a gig worker. He happens to meet Basumathi (Reshma V Gowda) and has some misunderstanding there too. Finally, he meets Asha and decides to marry her. You have to watch the movie to know whether or not Naveena succeeds in reaching his target.

Naveen Sajju, known for playback singing and composing music, has proved his mettle as an actor. Varsha Giridhar and Reshma V Gowda have acted well. Mallaraju Narasingaiah, who plays the most eligible bachelor in the village, walks away with all honours for his sterling performance.

It is certainly worth your time if you like to have a laugh or two.

—Y Maheswara Reddy

Action, sentiments and mythology

SHIKHANDI

2.5 RATING ★★½☆☆

- **DIRECTOR** Gurumurthy V
- **ACTORS** Yuvaraj Gowda, Khyathei, Raj Deepak Shetty, Nikhil Maliyakal, Bala Rajwadi, Nikhita Swamy
- **CERTIFICATION** U/A
- **Duration** 138 minutes

Shikandi is Gurumurthy V's second film as a director after Marakastra. He tries to bring the story of Shikandi, a character in the Mahabharata, to the audiences with his latest. The movie transports audiences from Bengaluru to Ballari and also offers a glimpse of Renuka Yellamma Devi. The story revolves around a group of staunch devotees, who can offer blessings and take on their enemies with equal fervour. An odd thing about the movie is that its characters use only traditional weapons and there is no police to be seen despite all the fighting and murders.

It seems the director is trying to cater to the needs of urban as well as rural audiences. The movie consists of a few scenes of superstition where a few lemons are seen spiraling like spinning tops at a pooja event. These kinds of shots could have been avoided to keep the film more relatable. The plot thickens when Rajendra (Raj Deepak Shetty) decides to create hurdles. The director explains through a flashback how Rajendra killed Poornachandra (Nikhil Malayakil) and his wife and how their son was admitted to an orphanage. It is said that Surya is Poornachandra's son. You have to watch the movie to know whether Surya avenges his parents' death.

It is the debut for lead pair Yuvaraj Gowda and Khyathei. Both have tried their best, but they need to hone their skills. Raj Deepak Shetty is convincing as a villain. Bala Rajwadi, Raghu Ramanakoppa, and Vijay Chendoor provided good support. Manju Kavi's lilting music makes the songs enjoyable.

If you are interested in the miracles of Renuka Devi Yellamma and the story of Shikandi, you can watch this film.

—Y Maheswara Reddy